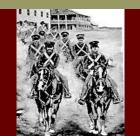
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## Adjutant's Report

By Galen Ewing



Thanks to all the volunteers and staff for another successful Candlelight Tour! Figures show that 106 VIPs donated 964 hours. The quality of this program continues to shine, largely thanks to your continued support with this Special Event!

Saturday, January 23 plan on coming to the park and enjoy food and festivities by attending the annual volunteer banquet. This is our opportunity to thank all of you for helping make 2015 such a success for our park. Lunch will be catered in the Grand Hall at 12:00 noon. Be sure and note the time. Following the lunch and the award ceremony will be our ever-fun and exciting bingo games. Sorry for the short turnaround but email me or call 620-223-0310 if you are planning on coming by January 19.

This year marks the centennial anniversary of the National Park Service! Our park will be honoring this milestone with a variety of activities honoring this important event.

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#### News from the Bear's Den

By Barak Geertsen

Winter has officially arrived at Fort Scott with a high of 24 degrees today, Sunday, January 10. Despite the cold weather, there were still a couple of hearty souls that came to see the site today along with their two year old daughter. She seemed to be quite enthused about her visit.

I want to thank everyone for all their help in candlelight tour in December. As tour coordinator for this year's tour, I realize more than ever how much planning and coordination it takes to pull off a successful event. We had a complete sellout this year. Not one ticket remained unsold. That is something we have not done for a while. This was also the last year to commemorate the 150<sup>th</sup> anniversary of the Civil War. The candlelight tour theme for 2016 will have a theme of Celebrating Diversity. The tour will be a timeline of events from the 1840s through the Civil War. Each scene will feature the diverse people who were part of Fort Scott's history, who despite conflict found reason to celebrate.

Since it is now 2016, the NPS Centennial has officially arrived. We have several events planned this year to celebrate the 100<sup>th</sup> anniversary of the National Park Service. These include an African American theater group, which will be performing on March 8 and someone portraying Theodore Roosevelt in April. Our Good Ol' Days event this year will have an NPS theme and we will be inviting several national park sites throughout the region to participate. In August to celebrate the actual birthday of the Park Service, we will have a vintage baseball game featuring teams from Wichita and Topeka. We hope to see you out for these events. A complete listing is on our website and in this newsletter.

One event for the NPS Centennial that has already taken place is the Rose Bowl Parade which featured many NPS entries. Three of our volunteers, Wayne, Dee, and Barrett Young, traveled to Pasadena to participate in the parade.

One more thing coming up in late April and early May is our spring educational programs. As always, we can use help with logistics and presenting programs. Please contact Barry at 620-223-0310 if you can be of assistance. Dates are April 28, 29, May 5, 6, 12, and 13.

# Girls, Let's Have a Sewing Bee!

By Joyce Gobl and Kelley Collins

Kelley Collins and Joyce Gobl will be presenting two sewing classes for volunteers to promote Women's History Month at the Fort Scott National Historic Site at no class cost for our volunteers.

On March 12th, the first class will be making a Fan Case, and a Handkerchief Reticule (this is carried with the lady at a ball to carry her handkerchief and dance card and can be attached to the skirt). The fabric for these two items will be of your own choice. We are also asking our volunteers to make a sunbonnet for the Fort's magic room. The bonnet fabric will be furnished, cut out and ready to sew.

On March 19, the second class will be making a needle book and a household of your fabric choice. We are also asking our volunteers to make a laundress apron for the magic room. Again, the Fort will be furnishing the apron fabric and it will be cut out and ready to sew.

We are looking forward to having a nice response to these classes. Please sign up early if you are interested in either or both of these classes. Please call or e-mail Galen at the National Historic Site. We will then send out sewing information for the class.

### **Safety Sense**

By Galen Ewing

Deep frostbite usually affects the feet or hands and is characterized by waxy, pale, solid skin. Blisters may appear. Treat deep frostbite by moving the victim indoors and immediately seek medical attention.

Hypothermia occurs when the prolonged exposure to low temperatures, wind or moisture—whether it be on a ski slope or in a stranded car—can result in cold-related illnesses such as frostbite and hypothermia. The National Safety Council offers these tips to help you spot and put a halt to these winter hazards.

#### How to detect and treat cold-related illnesses

Frostbite is the most common injury resulting from exposure to severe cold. Superficial frostbite is characterized by white, waxy, or grayish-yellow patches on the affected areas. The skin feels cold and numb. The skin surface feels stiff but underlying tissue feels soft and pliable when depressed. Treat superficial frostbite by taking the victim inside immediately. Remove any constrictive clothing items and jewelry that could impair circulation. If you notice signs of frostbite, immediately seek medical attention. Place dry, sterile gauze between toes and fingers to absorb moisture and to keep them from sticking together. Slightly elevate the affected part to reduce pain and swelling. If you are more than one hour from a medical facility and you have warm water, place the frostbitten part in the water (100 to 105 degrees Fahrenheit). If you do not have a thermometer, test the water first to see if it is warm, not hot. Rewarming usually takes 20 to 45 minutes or until tissues soften. Deep frostbite usually affects the feet or hands and is characterized by waxy, pale, solid skin. Blisters may appear. Treat deep frostbite by moving the victim indoors and immediately seek medical attention.

Hypothermia occurs when the body's temperature drops below 95 degrees Fahrenheit. Symptoms of this condition include change in mental status, uncontrollable shivering, cool abdomen and a low core body temperature. Severe hypothermia may produce rigid muscles, dark and puffy skin, irregular heart and respiratory rates, and unconsciousness. Treat hypothermia by protecting the victim from further heat loss and calling for immediate medical attention. Get the victim out of the cold. Add insulation such as blankets, pillows, towels or newspapers beneath and around the victim. Be sure to cover the victim's head. Replace wet clothing with dry clothing. Handle the victim gently because rough handling can cause cardiac arrest. Keep the victim in a horizontal (flat) position. Give artificial respiration or CPR (if you are trained) as necessary.

#### How to prevent cold-related illnesses

Avoid frostbite and hypothermia when you are exposed to cold temperatures by wearing layered clothing, eating a well-balanced diet, and drinking warm, non-alcoholic, caffeine-free liquids to maintain fluid levels. Avoid becoming wet, as wet clothing loses 90 percent of its insulating value.

### 2016 Schedule of Activities

February 6

The Loving Story - NEH Created Equal Civil Rights Series Program

February 12

Soldiers in the Army of Freedom: Brown Bag Luncheon and Book Signing

March 8

Lift Every Voice: The Black Experience in the Heartland

March 12 and 19 Sewing workshops

April 16-17

Civil War Encampment

May 28-30, July 2-4, September 3-5 Memorial Day, 4<sup>th</sup> of July, Labor Day weekends Highlights in History

June 4

Good Ol' Days - National Park Service Centennial Theme

July 18-22, August 1-5 Trailblazers Day Camp for Kids

August 27

Vintage Baseball Game/Picnic in the Park

September 9-15

Symbols of Sacrifice

September 30

Citizenship Ceremony

October 21-22

Native Neighbors – American Indian music, dancing, storytelling

December 2-3

Candlelight Tour

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